



National Nutrient Database for Standard Reference  
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Statistics Report 14096, Alcoholic beverage, wine, table, red <sup>a</sup>

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	86.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Energy	kcal	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	356	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein <sup>1</sup>	g	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2005
Total lipid (fat) <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Ash <sup>2</sup>	g	0.28	1300	0.002	0.1	0.53	1299.0	0.273	0.279	1	Analytical or derived from analytical	--	03/2005
Carbohydrate, by difference	g	2.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fiber, total dietary <sup>1</sup>	g	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Sugars, total <sup>1</sup>	g	0.62	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <a href="#">1</a>	mg	0.46	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Magnesium, Mg <a href="#">1</a>	mg	12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Phosphorus, P <a href="#">1</a>	mg	23	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Potassium, K <a href="#">1</a>	mg	127	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Sodium, Na <a href="#">1</a>	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Zinc, Zn <a href="#">1</a>	mg	0.14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Copper, Cu <a href="#">1</a>	mg	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Manganese, Mn <a href="#">1</a>	mg	0.132	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Selenium, Se <a href="#">1</a>	µg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Fluoride, F <a href="#">1</a>	µg	104.6	14	3.255	86.1	119.1	13.0	97.594	111.657	1	Analytical or derived from analytical	--	03/2005

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Thiamin <sup>1</sup>	mg	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Riboflavin <sup>1</sup>	mg	0.031	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Niacin <sup>1</sup>	mg	0.224	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Pantothenic acid <sup>1</sup>	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Vitamin B-6 <sup>1</sup>	mg	0.057	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Folate, total <sup>1</sup>	μg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folate, DFE	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	5.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 <sup>1</sup>	µg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin A, IU	IU	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lutein + zeaxanthin	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

## Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	09/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
<b>Other</b>													
Alcohol, ethyl <sup>2</sup>	g	10.6	1300	0.020	6.4	18.9	1299.0	10.512	10.591	1	Analytical or derived from analytical	--	03/2005
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a>	mg	0.19	91	0.06	0	4.5	--	--	--	--	--	--	--
Petunidin <a href="#">16</a> <a href="#">17</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a>	mg	2.0	147	0.14	0.02	5.66	--	--	--	--	--	--	--
Delphinidin <a href="#">16</a> <a href="#">17</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a>	mg	2.0	147	0.14	0.02	5.71	--	--	--	--	--	--	--
Malvidin <a href="#">16</a> <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a>	mg	13.8	166	0.78	0	53.57	--	--	--	--	--	--	--
Peonidin <a href="#">16</a> <a href="#">17</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a>	mg	1.2	147	0.08	0.02	5.03	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">18</a> <a href="#">20</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a> <a href="#">28</a> <a href="#">29</a> <a href="#">30</a> <a href="#">31</a> <a href="#">32</a> <a href="#">33</a> <a href="#">34</a> <a href="#">35</a>	mg	7.1	939	0.19	0	39	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">26</a> <a href="#">28</a>	mg	0.1	--	0.01	0	0.28	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">16</a> <a href="#">18</a> <a href="#">20</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a> <a href="#">27</a> <a href="#">28</a> <a href="#">29</a> <a href="#">30</a> <a href="#">31</a> <a href="#">32</a> <a href="#">33</a> <a href="#">34</a> <a href="#">35</a>	mg	3.8	938	0.1	0	16.5	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">26</a> <a href="#">27</a> <a href="#">28</a>	mg	0.0	--	0.01	0	0.11	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">26</a> <a href="#">28</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">26</a> <a href="#">28</a>	mg	0.1	--	0.02	0	0.42	--	--	--	--	--	--	--
Flavanones													
Hesperetin	mg	0.6	--	--	0.27	0.99	--	--	--	--	--	--	--
Naringenin	mg	1.8	--	--	1.03	2.51	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">19</a> <a href="#">36</a> <a href="#">37</a>	mg	0.1	--	0.02	0	0.47	--	--	--	--	--	--	--
Luteolin <a href="#">36</a> <a href="#">37</a> <a href="#">38</a> <a href="#">39</a>	mg	0.0	--	0.01	0	0.4	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin <a href="#">38</a> <a href="#">39</a> <a href="#">40</a> <a href="#">41</a> <a href="#">42</a>	mg	0.0	64	0	0	0.16	--	--	--	--	--	--	--
Kaempferol <a href="#">20</a> <a href="#">32</a> <a href="#">33</a> <a href="#">34</a> <a href="#">36</a> <a href="#">37</a> <a href="#">38</a> <a href="#">39</a> <a href="#">40</a> <a href="#">41</a> <a href="#">42</a> <a href="#">43</a> <a href="#">44</a>	mg	0.1	166	0.01	0	1.37	--	--	--	--	--	--	--
Myricetin <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">31</a> <a href="#">32</a> <a href="#">33</a> <a href="#">34</a> <a href="#">36</a> <a href="#">37</a> <a href="#">38</a> <a href="#">39</a> <a href="#">40</a> <a href="#">41</a> <a href="#">42</a> <a href="#">43</a> <a href="#">44</a> <a href="#">45</a>	mg	0.4	219	0.01	0	1.79	--	--	--	--	--	--	--
Quercetin <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">24</a> <a href="#">30</a> <a href="#">31</a> <a href="#">32</a> <a href="#">33</a> <a href="#">34</a> <a href="#">35</a> <a href="#">36</a> <a href="#">37</a> <a href="#">38</a> <a href="#">39</a> <a href="#">40</a> <a href="#">41</a> <a href="#">42</a> <a href="#">43</a> <a href="#">44</a> <a href="#">45</a> <a href="#">46</a>	mg	1.0	313	0.04	0	3.36	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	mg	12.3	270	8.9	0.5	95.1	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">3</a> <a href="#">4</a> <a href="#">6</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	2.4	73	2.25	0.17	15.7	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">8</a> <a href="#">9</a> <a href="#">13</a>	mg	2.5	57	1.05	0.54	8.6	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">8</a> <a href="#">9</a>	mg	3.8	--	1.95	1.3	5	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">8</a> <a href="#">9</a>	mg	8.6	--	3.79	3.8	11	--	--	--	--	--	--	--

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7b, 2002 Beltsville MD

<sup>2</sup>Alcohol and Tobacco Tax and Trade Bureau Wine and malt beverage data from TTB, 2004 Beltsville MD

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#### Footnotes

<sup>a</sup> Minerals, B vitamins and vitamin C determinations were made on samples of Merlot.